



## **Patient Involvement improves rehabilitation after surgery**

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# Patient Involvement after total hip replacement

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# ”BACK ON TRACK” – After THR and Nurse Provided tele-care intervention

## Hypotesis:

Patients’ involvement in own rehabilitation improves their health and quality of life after hip surgery!

## Background:

Total Hip Replacement (THR) is found effective due to treatment of patients suffering from osteoarthritis (OA) leading to pain, reduced walking ability and loss of quality of life.

## Population:

260 patients (37-97 years) mean 68 years participated in a RCT. Patients were randomised to an intervention or control group after hip surgery.

## Methods:

We used questionnaire SF 36 to measure all 260 patients’ self-rated health and quality of life before surgery and again 3, 6, 9 and 12 months after discharge.

## Intervention:

The intervention group had nurse provided tele care follow-up and individuel counselling 1 week after THR, face to face follow-up 3 weeks after THR and tele care intervention again 7 weeks after THR.

A semi structured interview guide was developed specific to the intervention focusing on patients postoperative symptoms, expectations and benefits after surgery.

## Fast Track:

Length of stay in hospital 2-3 days.

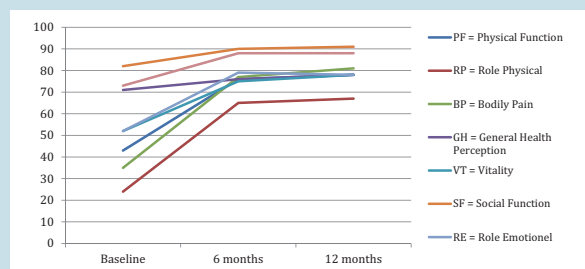
## Results: Table 1, 2, 3 and 4

**Table 1:** Patient-reported outcome measurement (PROM) in the intervention group (130 patients)

| Patient Reported Expectations to health after THR* | 1 week after THR<br>(n = 127) | 3 weeks after THR<br>(n = 125) | 7 weeks after THR<br>(n = 115) |
|--|-------------------------------|--------------------------------|--------------------------------|
| Feel much better or better after THR               | 84% (107)                     | 93% (116)                      | 93% (107)                      |
| Exercises fully or partly as prescribed            | 99% (126)                     | 100% (125)                     | 100% (115)                     |
| Exercises both indoors and outdoors                | 47% (59)                      | 76% (95)                       | 85% (98)                       |
| Family assistance                                  | 88% (112)                     | 95% (119)                      | 89% (102)                      |

\* THR = total hip replacement

**Table 2:** The major effects, especially in the domains bodily pain (BP), physical function (PF) and role physical (RP), take place during the first 3 months after interaction with the new methodology developed by Hordam-Boolsen after hip surgery:



**Table 3:** Percentage and number of patients seen before surgery and at 3-, 6-, 9- and 12-months follow-up

| Participants: 260    | Percent (number) |
|----------------------|------------------|
| Admission to surgery | 100% (260)       |
| 3-month follow-up    | 94% (244)        |
| 6-month follow-up    | 92% (239)        |
| 9-month follow-up    | 91% (236)        |
| 12-month follow-up   | 89% (230)        |

**Table 4:** Time used by nurses for tele-care and face-to-face interviews in the intervention group

| Time/intervention                      | Minutes Mean (interval) | Contact      |
|--|-------------------------|--------------|
| 1. Interview (1 week after discharge)  | 11 (5–27)               | Telephone    |
| 2. Interview (3 weeks after discharge) | 12 (5–33)               | Face to face |
| 3. Interview (7 weeks after discharge) | 10 (2–25)               | Telephone    |

## Conclusion:

We found our intervention concept by using questionnaire SF- 36, tele care intervention using a semi structured interviewguide and face to face counselling valid for further implementation.



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